



**May
2019**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

LYNN COUNCIL ON AGING SENIOR CENTER

From the Director's Desk

Happy May everyone! By the time this reaches you, we will hopefully have some nice warm weather to enjoy. With this warm weather, we will try to get folks out of the house and into some fun activities with the Senior Center. May is National Older Americans Month and we will celebrate all month long. We will add fun activities like chair volleyball, staff vs. seniors game show, BINGO giveaways, and many more surprises! May also brings other reasons to celebrate. Polish Constitution Day is May 3rd and we will have traditional foods and a live Polka band! We couldn't forget Mother's Day either, and we will have live entertainment by Denise Doucette as well as a waffle breakfast fundraiser! We will also see the introduction of our new gardening club. Last but not least, our annual Senior Prom will finish off our activities with a bang. All the details are in this newsletter. Please sign up for activities early, as there is limited space. Happy May and we hope the warm weather will encourage everyone to get out and have some fun,
~Stacey Minchello

From Your Mayor

We have been anticipating the arrival of spring and it is finally here! Things have started to warm up and I hope you are all able to get out and enjoy the weather and our beautiful City.

On Tuesday, April 9th, in honor of the Khmer New Year's Celebration, we had the Cambodian flag raising ceremony at City Hall.

This month on Memorial Day we gather together to honor those brave men and women who have given their lives for our country. We should take time to reflect on the continued sacrifice of military service members, first responders and their families.

Shows coming to the Lynn Auditorium in May include Brit Floyd 40 Year of the Wall on May 3rd, Cat & Nat live #MOMTRUTHS on May 5th, Kristina Kuzmic on May 17th, Daniel Tiger's Neighborhood King for a Day on May 19th, Purple Reign on May 24th and Marisela on May 26th. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

Baseball season has commenced! We are excited to see our beloved Red Sox back on our televisions and look forward to a promising season! While we are on the topic of baseball, our Northshore Navigators will have their opening day on June 1st.

Wishing all mothers and grandmothers a Happy Mother's Day! Hope you enjoy your day surrounded by family and friends.

~Mayor Thomas M. McGee

CUFFE-McGINN FUNERAL HOME
 157 Maple Street • Lynn, MA 01904
 Tel: **781-599-3901**
 Fax: 781-598-2143
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PACE

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Lynn Council on Aging Senior Center

Publication
 funded by:

Executive Office of
 Elder Affairs &
 City of Lynn

Meet the Staff:

Stacey Minchello

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ebrown@glss.net

Rosa Paulino-Diaz

Activities Assistant ext. 625

rpaulinodiaz@glss.net

Hours of
 Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers

President

Minette Lall

Vice President

Pam Edwards

Clerk

Joan Noble

FRIENDS Liason

Charles Mitchell

Betty Gonzalez Munos

Marlene Vasi Eddy

Carly McClain

Dianna Chakoutis

Robert Mazzone

Meets 4th
 Wednesday
 monthly at
 11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble

President

Ann Breen

Vice President

Katherine Brown

Treasurer

Ellen Cash

Recording Secretary

Meets last
 Thursday of the
 month @ 9:45

Meeting Dates: May 30

Considering joining the FRIENDS? Come visit us and see what we're all about
 Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:
www.ci.lynn.ma.us

Click City Hall

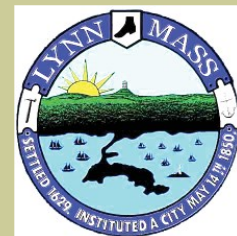
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

Like us on Facebook!



[WWW.FACEBOOK.Com/
 LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation!
~ Sophie Karoumpalis

In loving memory of my brother, Artie Warren.
~Ethel Forse



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

☐
☐
☐

Person's Name: _____

Send card to: _____

Donated by: _____

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Hatch Hearing Aid Center

*"You Should Hear
What You're Missing"*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
781.599.1902 • 1.888.HEARITE (432.7483)

CASINO TRIPS

Foxwoods Casino Tuesday May 14th \$34

6:30am—6:30pm



Coach bus departs from senior center *promptly* at 6:30am. Please **arrive no later than 6:00am**. Bus will arrive back at the Senior Center at 6:30pm. Please book rides for 6:30pm.



Price includes: \$10 food credit & \$10 casino bonus.
Surprise gift provided by Marquis Health Services!

DANCE WITH JOY!

Love to dance? Need to reduce stress? Join us!

FREE!

Thursdays 9:00-9:45

Led by Nancy Deluth



A creative movement experience that combines dance, yoga, and meditation. Can be done seated or standing.

**YOUR
AD
HERE
CALL
TODAY**

MUSICAL AND JOY BASED TAI CHI

Every second and fourth Monday

10:00am-11:00am

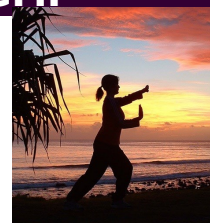
Instructor: Mike Elliot

No reservation needed

\$5 per session



Fun, easy sessions, beginners welcome, great for your health, and reduces stress!



UKULELE CLUB

Every Tuesday 9:00am—10:00am

Activities room **FREE!**

Beginners and experienced players welcome

Instruments provided by Senior Center

Instructor Matthew McConeghy



SENIOR MEDICARE PATROL

Wednesday May 8th

10:00 English presentation

11:00 Spanish presentation

Lynn Senior Center: 8 Silsbee Street Lynn, MA 01901

Learn to protect yourself from fraud and abuse! Their primary goal is to teach Medicare beneficiaries how to protect their personal identity, and report errors on their health care bills. They also help to identify deceptive health care practices, such as illegal marketing, providing unnecessary or inappropriate services.

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing

Call 781-593-5700

HARBOR 90FT
ADAPTIVANTS

GARDENING CLUB



May 7th & May 21st

June 4th & June 18th

9:30am—11:30am

Get outside and help The Food Project of Lynn provide

fresh produce to the community.

Walking, bending, lifting will be necessary.

Receive vouchers to the Farmer's Market in exchange for your help!

If interested, please contact Erica Brown to sign up at 781-586-8618.

Make new friends, exercise, and spend some relaxing time gardening in this brand new club!



AMAZON SMILE

Do you or someone you know purchase items through Amazon.com? Did you know that if you use smile.amazon.com, Amazon will donate part of your purchase to the FRIENDS of the LCOA? It will not cost

you anything! Just follow the link below:

<https://smile.amazon.com/ch/04-2900242>

Use smile.amazon.com for all of your purchases to support the Lynn Council on Aging.

SAFETY IN OUR COMMUNITY

The Lynn Site Board of the Department of Mental Health will present an informational session at the Lynn Senior Center on

Thursday, May 30th 9:30am

Session will include Lt. Dave Brown, Lynn Police Department speaking on safety in the community. Information on current scams will be provided and a spotlight on the Elder Mobile Mental Health Program at Greater Lynn Senior Services.

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda

Wide Screen Plasma Home Theatre System

May 1	Funny Face	1957	NR	1h 43m
May 8	Mermaids	1990	PG13	1h 50m
May 15	Skyscraper	2018	PG13	1h 42m
May 22	An Affair to Remember	1957	NR	1h 54m
May 29	Parkland	2013	PG13	1h 27



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



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North Shore Offices Phone: 978-774-2005 • 978-777-6009
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Place Your Ad

MAY HAPPENINGS

- Fri May 3** **Polish Constitution Day**
Polka Band with Eddy C! FREE 11:30am—12:30pm
- Mon May 6** **Bingo Bonanza!** \$11 games 1:00pm
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:15pm
BINGO Giveaway Raffle!
- Tue May 7** May Birthday Celebration 12:45pm—1:00pm
Tue May 7 **Gardening Club** FREE 9:30am—11:30pm
Sign up required—see page 5 for more information
- Wed May 8** Senior Medicare Patrol FREE
English 10-11 Spanish 12-1 See page 4 for more info
- Wed May 8** Supper Club \$2 4:00pm—5:00pm
- Thu May 9** **Celebrate Mother's Day with Denise Doucette!**
Live entertainment from 12:30pm—1:30pm
- Thu May 9** **Ice Cream Social** \$0.50 1:30pm
Sponsored by: FRIENDS of the LCOA
- Fri May 10** Mother's Day Waffle Breakfast \$3 8:00am—9:00am
Fri May 10 Silk Scarf Coloring Workshop FREE 10:00am—11:00am
Reservation required—10 person maximum
- Mon May 13** Chair Volleyball Game FREE 10:00am
Mon May 13 Malnutrition Week Cooking Demo FREE 12:00pm—1:00pm
- Tues May 14** Foxwoods Casino Trip \$34 6:30am—6:30pm
- Wed May 15** Staff vs. Seniors "Are You Smarter Than A 5th Grader" game
Sign up sheet will begin Fri May 10 9:30am—10:30am
- Wed May 15** **Field Trip:** Christmas Tree Shop & Fuddruckers
\$3 11:00am—2:30pm
- Thu May 16** **Senior Prom** \$5 3:00pm—6:00pm
- Fri May 17** **Brown Bag** 9:00am—12:00pm
Sponsored by Greater Boston Food Bank
- Mon May 20** Bingo Bonanza! \$11 games 1:00pm
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue May 21** **Gardening Club** FREE 9:30am—11:30pm
Sign up required—see page 5 for more information
- Wed May 29** **Ice Cream Trip:** Treadwell's \$3 12:00pm—2:00pm
Thu May 30 Safety in Our Community Presentation 9:30am—10:30am
Please note, all trips must be paid for and reserved in advance, and unless otherwise specified, lunch is paid for on your own. Payment covers transportation costs.

Hatch Hearing Aid Center

**"You Should Hear
What You're Missing"**

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781.599.1902 • 1.888.HEARITE (432.7483)

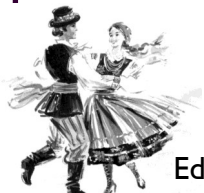
**YOUR
AD
HERE
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TODAY**

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Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

HARBOR
90FT
ADAPTIVE

POLISH CONSTITUTION DAY

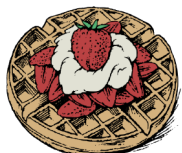


Friday, May 3rd
11:00am—12:30pm
FREE!



Enjoy Polish foods, culture, and your favorite polkas!
Eddy C's Polka Band will perform from 11:30am—12:30pm

MOTHER'S DAY CELEBRATION



Denise Doucette

Thu, May 9th FREE
Live performance from 12:30pm—1:30pm



Waffle Breakfast

Fri, May 10th 8:00am—9:00am \$3 Seniors & \$5 Others

Silk Scarf Painting Workshop

Fri, May 10th FREE
Reservation Required—Limited seating



OLDER AMERICANS MONTH

May is Older Americans Month!
We partnered with Marquis Health Services to bring you a month of fun activities to celebrate!

May will include:

A BINGO Giveaway raffle Mon May 6 1:00pm

A chair volleyball game (seated) Mon May 13 10:00am

Foxwoods Trip with goodie bags Tue May 14 6:30am

Staff vs. Seniors "Are You Smarter Than a 5th Grader" game Wed May 15 9:30am

Stop by for any of these activities as we celebrate older Americans!

SENIOR PROM

Mayor Thomas M. McGee

Annual Senior Prom

Thursday, May 16th

3:00pm—6:00pm \$5

At the Lynn Senior Center

Live entertainment

Dinner is provided by Grosvenor's Park in Salem. Tickets on sale, first come first serve on Fri, April 19th. Must be a registered senior center participant. Formal dress attire not required. Dress comfortably.

MALNUTRITION WEEK

Monday May 13th 12:00pm

The week beginning Sunday May 12th is Malnutrition Week. Join us for a free cooking demo sponsored by the DTA! Learn how to prepare a healthy meal on a minimal budget.

**YOUR
AD
HERE**

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TODAY**

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(978) 927-2121

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Meal Preparation
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Rewarding Companionship
Visiting Angels

Wellness Watch May 2019

Congress passed the Older Americans Act (OAA) in 1965 in response to concern by policymakers about a lack of community social services for older persons. The original legislation established authority for grants to states for community planning and social services, research and development projects, and personnel training in the field of aging. The law also established the Administration on Aging (AoA) to administer the newly created grant programs and to serve as the federal focal point on matters concerning older persons...

The Older Americans 2016: Key Indicators of Well-Being report provides the latest data on 41 key indicators selected by the Federal Interagency Forum on Aging-Related Statistics to portray aspects of the lives of older Americans and their families. It is divided into six subject areas: population, economics, health status, health risks and behaviors, health care, and environment.

BUILDING BRIDGES: CREATING CONVERSATIONS AROUND LGBT OLDER ADULTS

TUESDAY May 28th 11:00am

Space is limited! RSVP with Erica Brown 781-586-8618

Lynn Senior Center—8 Silsbee Street Lynn MA 01901

Please join us for a free 60 minute lunch and discussion to learn and talk about people who identify as lesbian, gay, bisexual or transgender. We invite anyone who is interested in this subject and we welcome all views. We also encourage people who have friends or family members who are LGBT and would like more information about this topic. This is a safe place to bring any and all questions.

Lunch will be served for the first 25 people!

SOCIAL SECURITY WARNS PUBLIC ABOUT Caller ID “Spoofing”

In recent months, Social Security has issued several warnings about new phone call scams. The calls often display a caller ID of 1-800-772-1213 which is the real Social Security Customer Service number; other calls may display the real Social Security Fraud Hotline number on the caller ID screen. These calls are scams using caller ID “spoofing” – showing false caller ID’s.

In some cases, the caller says that Social Security does not have all of your personal information on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. Callers sometimes state that your Social Security number is at risk of being deactivated or suspended because it’s connected to a serious crime.

Any threatening phone call from Social Security is fraudulent and you should just hang up. If you want to report a suspicious call, you can call the Fraud Hotline at 800-269-0271, Monday through Friday, 10am to 4pm EST.

If you have questions about suspicious calls from Social Security or Medicare, or other health insurance issues, trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call your local Senior Center to schedule a phone consultation or in-person appointment. For other SHINE related matters, call your Regional SHINE Headquarters at Mystic Valley Elder Services: 781-388-4845.

RED SOX GAME

Thursday, July 18th 1:05 Game vs. Toronto Blue Jays

\$74 includes transportation, tickets, and staff guidance around Fenway

Busses depart from Senior Center at 11:15am and return at 5:45pm

FREE NUTRITION COUNSELING

Do you have type 2 diabetes or chronic kidney disease?

Do you have a red, white and blue Medicare card?

If so, you’re eligible for FREE nutrition counseling! As part of this service, you’ll meet with a GLSS Registered Dietitian, and learn more about how what you eat affects your health.

If you’re interested, call Ben at 781-586-8687. Ellen at 781-586-8688

SENIOR CENTER ACTIVITIES • May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12:0 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII
9:30-11:00 KNITTING & CONVERSATION	9:00 - 10:00 UKULELE CLUB	9:00 – 1:00 HAIR SALON	9:00-9:40 DANCE WITH JOY	9:30-11:00 KNITTING & CONVERSATION
10:00-11:00 TAI CHI (2nd & 4th MON)	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	11:00-12:00 LUNCH
11:00-12:00 LUNCH	9:15-10:45 POKENO	11:30-12:15 EXERCISE CLASS (\$5)	8:00-11:00 KIOSK (IN2L)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 MOVE SAFE CLASS	11:00-12:00 LUNCH	1:00 – 3:00 MOVIE	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	1:00-2:45 BINGO
1:00-2:45 BINGO	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	11:00-12:00 LUNCH	
	1:30 BILLIARDS CLUB		12:30-2:30 JAPANESE BUNKA EMBROIDERY	
			1:00-2:00 ZUMBA GOLD	
			2:00-3:00 HORSE RACING	

OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



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Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



111 Birch St., Lynn, MA 01902

781.592.9667

SKILLED NURSING CARE * SUBACUTE CARE * PHYSICAL THERAPY
OCCUPATIONAL THERAPY * SPEECH THERAPY * RESPITE CARE

SPRING FLOWERS

O	S	C	D	U	P	P	E	T	U	N	I	A	I
H	I	C	I	I	J	L	T	N	A	I	T	T	E
T	H	R	A	Y	O	E	O	S	L	A	A	T	S
N	I	E	M	S	N	E	U	Y	N	A	I	U	I
I	S	P	Y	H	Q	A	R	S	P	O	S	L	T
C	L	E	P	L	U	I	L	I	U	D	T	I	Y
A	C	M	Y	E	I	L	Y	A	S	T	I	P	H
Y	N	E	O	N	L	H	I	D	I	L	J	S	D
H	O	R	A	I	S	A	E	I	R	I	S	I	L
Q	N	T	L	S	P	D	J	C	Y	S	N	A	P
C	H	L	S	U	C	O	R	C	U	S	I	C	R
R	Y	E	T	C	A	R	N	A	T	I	O	N	S
N	I	L	C	A	L	I	L	C	A	A	I	O	C
E	C	I	I	L	Y	P	S	R	I	L	T	L	A

TULIPS

DAISYS

CARNATIONS

JONQUILS

IRIS

HYACINTH

CREPE MERTLE

LILAC

DAHLIA

PANSY

PETUNIA

CROCUS

LILLY

May 2019 Lunch Menu

Greater Lynn Senior Services COMMUNITY CAFÉ MENU – MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM (more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM (more than 1200 mg PER MEAL.			
<p>6 Chicken cacciatore/ mushroom (195), Pasta (20) Calories-749 Sodium-722 ALTERNATIVE Pasta primavera (200) Calories-690 Sodium-650</p>	<p>7 Macaroni and cheese (520) * Soup/crackers (118) Calories-744 Sodium-989 ALTERNATIVE Garlic fish (150) Calories-675 Sodium-642</p>	<p>1 Pulled pork/BBQ sauce (410) Soup/crackers (215) Calories-729 Sodium-1190 ALTERNATIVE Chicken/ sauce (275) Calories-650 Sodium-990</p>	<p>2 Stuffed pepper/sauce (290) Au gratin potatoes (142) Calories-870 Sodium-982 ALTERNATIVE Chicken stew/yucca (190) Calories-718 Sodium-750</p>	<p>3 Cheese omelet (210) Roasted potatoes (121) Calories-710 Sodium-812 ALTERNATIVE Cheese ravioli/sauce-575* Calories-789 Sodium-990</p>
<p>13 Chicken meatball stroganoff/ mushroom, noodles (270) Calories (703) Sodium (695) ALTERNATIVE Beef peccadillo (330) Calories-732 Sodium-720</p>	<p>14 Hoisin chicken stir-fry/ mushroom (533) *, fried rice (116) Calories-600 Sodium-920 ALTERNATIVE Honey mustard pork (295) Calories-620 Sodium-800</p>	<p>15 Beef pot pie (403) Mashed potatoes (109) Calories-733 Sodium-999 ALTERNATIVE Chicken/tomato sauce (275) Calories-650 Sodium-870</p>	<p>16 Lasagna/sauce (505) * Soup/crackers (70) Calories-635 Sodium-849 ALTERNATIVE Haitian chicken stew (250) Calories-625 Sodium-680</p>	<p>17 Fish/tartar sauce (385) Soup/crackers (204) Calories-813 Sodium-1013 ALTERNATIVE Beef/chimichurri (140) Calories-710 Sodium-864</p>
<p>20 Chicken piccata (282) Pasta (20) Calories-791 Sodium-688 ALTERNATIVE Coconut curried fish (290) Calories-765 Sodium-634</p>	<p>21 Meatloaf/gravy (214) Whipped potato (109) Calories-690 Sodium-661 ALTERNATIVE Cheese ravioli/ sauce (575) * Calories-740 Sodium-920</p>	<p>22 Chicken/supreme sauce (280) Steamed potato (5) Calories-600 Sodium-680 ALTERNATIVE Egg/cheese croissant (410) Calories-610 Sodium-720</p>	<p>23 Beef Shepherd's pie (201) Roasted butternut squash (20) Calories-744 Sodium-672 ALTERNATIVE Spinach/cheese enchilada-300 Calories-720 Sodium-775</p>	<p>24 Stuffed shells/sauce-505* Soup/crackers (272) Calories-675 Sodium-1140 ALTERNATIVE Veggie chili (448) Calories-703 Sodium-900</p>
<p>27 HOLIDAY NO MEAL SERVICE</p>	<p>28 Egg salad/hot dog roll (520) * Potato salad (281) Calories-700 Sodium-1097 ALTERNATIVE Jerk chicken (150) Plantains (17) Calories-707 Sodium-807</p>	<p>29 American chop suey (316) Garlic spinach (40) Calories-605 Sodium-796 ALTERNATIVE Honey soy chicken (553) * Fried rice (116) Calories-670 Sodium-930</p>	<p>30 BBQ pulled pork (410) Sweet potato wedges (187) Calories-884 Sodium-1442 ALTERNATIVE Cheese quesadilla (300) Spanish beans (150) Calories-783 Sodium-879</p>	<p>31 Roast turkey/gravy (105) Whipped potato (109) Calories-700 Sodium-941 ALTERNATIVE Veg. stuffed pepper (100) Peas (68) Calories-680 Sodium-533</p>

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Hair Salon

SOPHIE'S SALON

WED & FRI

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

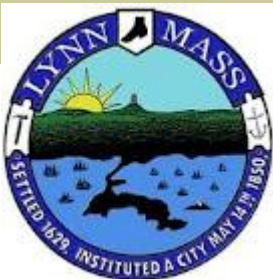
WALK-IN OR APPOINTMENTS

APPOINTMENTS PREFERRED

KIOSK FOR LIVING WELL

TUESDAYS 9:00-11:00
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



Thu May 9 & Thu May 23

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD PRESSURE CHECKS

1st & 3rd Thu 8:00am—9:00am

2nd Tue & 4th Thu 9:00am—11:00am



PHONE ASSISTANCE BY APPOINTMENT

Tue & Wed

2:00pm—3:00pm

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

RETURN SERVICE REQUESTED

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